



THE NAVAJO NATION

OFFICE OF THE PRESIDENT & VICE PRESIDENT

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Navajo Nation President Joe Shirley, Jr., publishes article, 'Success of Navajo,' in Professional Performance Magazine

WINDOW ROCK, Ariz. – Navajo Nation President Joe Shirley, Jr., has published an article titled “The Resilience and Success of the Navajo Nation” in the December 2008 issue of *Professional PERFORMANCE Magazine*, a national success quarterly.

The magazine is targeted to and read by 460,000 American business leaders and features articles on individual professional development.

President Shirley shares the magazine cover outgoing Democratic National Committee Chairman Howard Dean, real estate magnate Donald Trump, and former Colorado Gov. Richard Lamm.

The cover story, “The Neverending Quest for Success,” is an interview with multi-billion-dollar entrepreneurial empire Virgin Group founder and Chairman Sir Richard Branson. The issue also features an article by “Secrets of the Millionaire Mind” author T. Harv Eker titled “The Upside of Crisis.”

Last month’s issue featured a cover story on Democratic strategist James Carville and his wife, Republican strategist Mary Matalin. The January cover story will be an interview with President-elect Barack Obama on his winning strategy.

President Shirley writes that Navajos are determined to regain the independence that was taken away after their return to their homeland from the Long Walk of 1864, and that today it is within sight of the Navajo Nation.



“Our people have embraced education, and each spring we see thousands receive their bachelors degrees,” he writes. “Today, many of the friends we had at boarding school now hold master’s degrees and doctorates. Within a few years, the Navajo Nation will see the result of all its planning and action in increased revenues.”

He says that through the financial independence that will come, Navajo sovereignty will flourish, and the people’s dependency will end.

“History now favors us for our perseverance, for holding on to that which has always made us distinctly Navajo,” he writes. “The prayers spoken for our salvation before the Long Walk, and down through the decades, are now returning to us as a people. Throughout time, there has always been more that unites us as Navajos than divides us, and it will always be so. And we all feel the same emotion when we raise our voice to say, “I am proud to be a Navajo!”

President Shirley writes that the federal government was once determined to reshape Native American cultures and ways of life but that Navajos clung to that which they valued most.

“Against great odds, the Navajo people continue to be. Against great odds, our language and our songs continue to be. Against great odds, our teachings, our culture, and our way of life all continue to be despite what was done to try to extinguish them,” he writes. “The Navajo people are resilient. We are strong. We are intelligent, and we are visionary. My prayer today is that 100 years from now, 500 years from now, 1,000 years from now, the Diné will continue to be. Even then, a Navajo will proclaim to the Holy People, “I am here!”

Professional PERFORMANCE Magazine published President Shirley’s 10 tips for success to maintain good health and a happy life.

1. Eat well. Avoid soda pop and unhealthy foods. Nourishment is critical.
2. Get the right exercise. For President Shirley, that’s running. “Don’t let rain, snow, mud or wind stop you.”
3. Get the right amount of rest. “Sleep is actually the first step toward physical fitness, mental toughness and peak performance.”
4. Get away from your work when you go home. “Find

something that relaxes you and let’s you unwind. If you’re not able to leave your work, you’re going to have trouble at home.”

5. Read for pleasure for at least 30 minutes a day. “Reading gets you into a life-long learning habit.”
6. Always save at least 10 percent of your paycheck – no matter how small – for unplanned emergencies and to develop individual independence. “If people got into the habit of saving, they wouldn’t ever be hungry and they’d always be able to take care of their kids.”
7. Complete your education. “Don’t let anything stop you. Education is the ladder to success. It’s the first step to personal sovereignty and individual independence. Education will lead to a job you love, an income, a roof over your head, a ride, and will let you take care of your parents, grandparents and allow you to give back to your community, your tribe and your country.”
8. Approach every task and every duty with heart, integrity, diplomacy, and a sacredness of mind.
9. Maintain an attitude of gratitude.
10. Think good thoughts and nourish your spiritual life to keep your spirit alive.

President Shirley’s article can be accessed online at www.theperformancemagazine.com/joeshirley/the-resilience-and-success-of-the-navajo-nation